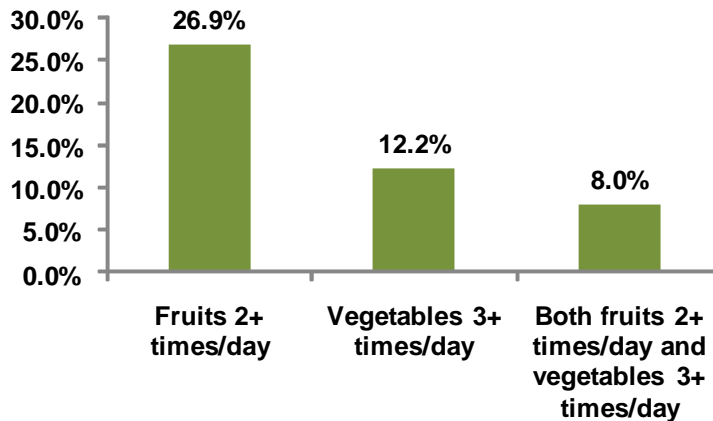


Nutrition behaviors among Nebraska adolescents, 2010

Figure 1: Percentage of 9th-12th grade students consuming fruits and vegetables during the past week



Source: 2010 NE Youth Risk Behavior Survey

2010 Dietary Guidelines for Americans

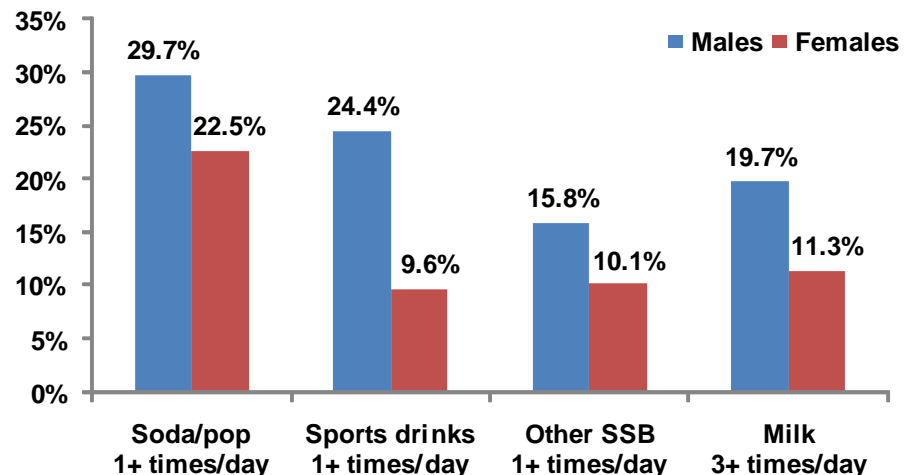
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Drink water instead of sugary drinks.
- Make at least half your grains whole grains.
- Avoid oversized portions.
- Enjoy your food, but eat less.



2010 Nebraska Youth Risk Behavior Survey Quick Facts:

- Only 1 in 4 students ate fruit at least twice per day and 1 in 9 ate vegetables at least 3 times per day.
- Nearly 1 in 3 males and 1 in 4 females reported drinking a can, bottle, or glass of soda/pop at least once per day.
- Nearly 1 in 4 males consumed a sports drink at least once per day.
- Only 1 in 5 males and 1 in 10 females consumed milk at least 3 times per day.

Figure 2: Percentage of 9th-12th grade students consuming beverages during the past week, by gender and beverage type



Source: 2010 NE Youth Risk Behavior Survey



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